

# DECEIVING ONE'S HUSBAND OR WIFE

By LAURA JEAN LIBBEY

So you think you love me, do you?  
Well, it may be so;  
But there are many ways of loving  
I have learned to know—  
Many ways and but one true way,  
Which is very rare;  
The counterfeiters look brightest  
Though they will not wear.

A man thinks that it is no harm to tell his wife a fib, as to why he stayed out an hour or so later than usual of an evening. If he takes a drink with a crowd of convivial companions, he doesn't hesitate to tell his wife—who notices at once the odor of juniper berries on his breath—he had to take a customer from out of town to the nearest cafe, taking a drink with him, of course, etc., etc.

But let a wife deviate ever so slightly from the truth and her husband will look upon her with reproach, not to say stern anger. Much depends upon which one is telling the fib.

Many a wife thinks it is no harm to tell her husband she pays so much for the family upkeep and clothes, when in fact she has managed to save quite a little sum by her shrewd bargaining, salting it down for a rainy

day. She thinks she is perfectly justified in this course. The husband of such a woman never knows really "where he is a."

He believes that it actually costs more to run the house than it really does. How much better it would be for the wife to take her husband into her confidence, telling him that she made purchases under the figure and she has put by the balance for their mutual good later on.

As for deceiving him about the habits of her home folk that is quite another story. Their faults and their follies are their own affairs. She has no right to exploit them. If he finds them out he cannot blame her for keeping mum. He will have all the more confidence in her, realizing she will keep his affairs to herself and not tell them about his shortcomings or troubles in a burst of confidence.

Married couples should be careful as to which tells each other the first fib, and stop uttering it as it rushes to their lips. To love truly each must have confidence in the other. If either is suspected of deliberately falsifying to the other, one does not know how far he or she could trust the other. Little fibs lead to graver and graver ones.

Happy is the husband who can say in all truth, "My wife has never knowingly deceived me even in the most trifling affair." Happy is the wife who can say the same of her husband. But is there such a one?

(Copyright, 1917.)

# Mother's Cook Book

One who never turned his back but  
Marched breast forward  
Never doubted clouds would break,  
Never dreamed, though right were worsted,  
Wrong would triumph—  
—Robt. Browning.

## Seasonable Recipes.

Put a half-cupful of veal gravy, two tablespoonfuls of water, one teaspoonful of vinegar, with salt and pepper to taste, in a saucepan; when it boils add the beaten yolks of two eggs and stir until the sauce is thickened. Lay six poached eggs on a platter, pour over the sauce and garnish with toast points.

## Eggs in Sauce.

Pour a half-cupful of any kind of gravy into a buttered baking dish; break into it six eggs, carefully keeping the eggs whole, season with salt and pepper; place in a hot oven until the whites are set, slip, without breaking, onto squares of buttered toast; add a half-cupful of cream to the gravy and when hot, pour over or around the eggs. Finely minced parsley sprinkled over the dish adds both to its appearance and flavor.

## Poached Eggs With Sausage.

Cook round slices of sausage and arrange on a platter. On each place a poached egg, pour rich cream sauce over all, making it yellow by adding a beaten yolk of egg, or pink by adding a half teaspoonful of paprika.

## Cornstarch Meringue.

Heat three cupfuls of milk to the boiling point, add gradually two tablespoonfuls of cornstarch, mixed with a little of the cold milk. When thickened, allow it to cool, then stir in two well-beaten eggs, mixed with three tablespoonfuls of sugar. Simmer a few minutes and turn into a dish. Cover the top with the whites of the eggs, beaten to a stiff froth. Place in a slow oven and brown lightly. When cold dot with bits of jelly.

## Fruit Sandwiches.

Take equal parts of nuts, raisins and dates, mix well and put through the fine knife of the meat grinder, add grape or lemon juice to moisten and when mixed into a paste spread on well-buttered bread.

## Steamed Fig Pudding.

Chop fine a half pound of figs, add a cupful of bread crumbs, three tablespoonfuls of sugar, two of melted butter, one cup of milk, two beaten eggs and a little salt. Mix well and steam an hour. Serve with a lemon sauce.

*Nellie Maxwell*

## White House Health Hints.

Drink a lot of water, get the required amount of sleep and "knock on wood" when you are boasting about it, and you'll always have good health.

That is the health hint dropped at the White House by Secretary Tamm, in discussing his vigor and "pep."

"I haven't been sick a day since I have been at the White House" (knock), he said, "and I am feeling better now than I have ever since I came to Washington, which is sure feeling good (knock). I attribute it all to getting my sleep, drinking a lot of water and constantly 'knocking on wood.'"—Louisville Courier-Journal.

# Most of European Rulers Have Also Become Monarchs In the World of Business

Royalty does other things than ruling. In the business world many of Europe's crowned heads are said to have achieved notable success, the following examples of which are pointed out by a writer in *Tit-Bits*:

The king of Spain is the proprietor of a large motor and bicycle factory near Madrid.

The kaiser runs a cafe at Potsdam, close to his castle gates. He also receives large dividends from a lager beer brewery in Hanover; and he is the sole owner of the big and flourishing porcelain works at Cadix, which return him a profit of about 9 per cent on a capital of \$500,000.

King Peter of Serbia owns a shaving saloon and chemist's shop in Belgrade. Before the war, his majesty was the agent for a well-known French motor car.

The queen of Holland supplies from her dairy, near the palace at Het Loo, a large proportion of milk consumed by buyers in Amsterdam.

Before the war the king of Wurtemberg drew a net profit of at least \$50,000 a year from the hotels he owned in the Black Forest.

The beautiful queen of sorely stricken Roumania started, a few years ago, a factory for manufacturing toothpicks. So successful was this enterprise before the war, that her majesty was able to make quite a comfortable income out of it.

The czar of Russia is a timber merchant. The duke of Ulrich of Wurtemberg owns one of the largest carset factories in the world. The grand duke of Saxe-Weimer is a butcher.

Archduchess Frederick of Austria invested nearly \$2,500,000 in a candle-making factory near Budapest. The king of Denmark confines his commercial ventures to the stock exchange.

# POULTRY FACTS.

A variety of grain, with some meat food and some green food, is essential to the good health and productiveness of the flock.

Be careful that eggs which are to be used for hatching do not get chilled in the nest, or chilled while being saved to put in the incubators.

A dimly lighted poultry house is uncomfortable and unhealthy, and fowls housed in such a place cannot be expected to produce the best results.

Unless they agree well and do not fight or quarrel, it is useless to try to keep two males in the same breeding pen at the same time. One may be confined one day and the other the next.

It is impossible to secure good hatches from incubators which are operated in poorly ventilated places. Neither can hens hatch well if the eggs are constantly surrounded by impure air.

Always disinfect incubators and brooders, that have been used previously, before using them this season. This is to be sure that no germs of disease remain in them to attack the little chicks.

Sometimes nervous, energetic males will stand around at feeding time and allow the hens to consume most of the

and has made many considerable "deals."

The king of Sweden has a large interest in a Stockholm brewery. A large brandy distillery interests the new emperor of Austria.

King Albert of Belgium, when a young man, courted fickle fortune as a reporter on an American paper at a salary of \$15 a week.

The king of Bulgaria enjoys the reputation of being the shrewdest and wildest of all royal business men. He owns theaters, cinemas, tobacco factories, dairies and has made considerable sums on the Austrian stock exchange.

## Dictates of Fashion.

Bright red cherries, artificial of course, nestle in long-haired fur neck-pieces and muffs.

Vest effects, whether developed as a part of a suit, coat or frock, continue to be favored.

Satin continues to be chosen for many of the smart afternoon dresses and it is likewise seen in combination with cloth.

Among the unusual umbrellas is one of Scotch plaid. Its rib ends are finished in long tips which seem to be of tortoise shell. The handle is of natural wood.

The edict has gone forth that skirts are to be much longer. Moreover, it is said that the whole motif in dressing is to be different—artistic in design and long flowing lines being emphasized.

So far empire lines for outer apparel have been pretty generally confined to garments for misses, adult women wisely acknowledging the straight line or normal waist garments as their best selections.

The vogue for the empire style is being tried out in the development of negligee and lingerie garments, this being one of the favorite suggestions for night gowns and many of the popular combination garments.

The bathing suit of silk velvet, said to stand the water splendidly, is one of the novelties of the season; but the real marmalade girl will still find on the market many good-looking examples of that fine standby, the jersey suit.

## Wise and Otherwise.

Real success, consists in achieving satisfaction.

Some men have courage only when they lose their tempers.

Fools throw kisses but the wise men deliver them in person.

Favors are seldom satisfactory. The best way is not to need them.

Great men do much for others and take it out in posthumous fame.

A vivid imagination is often even more dangerous than a little learning.

When Adam and Eve put on fig leaves they organized the first style show.

Getting up in the morning is a struggle for those people who do not make it worth while.

Travel often broadens a man's mind and also his girth. If he can afford to stop at first-class hotels.

No man is so strong or great that he is not afraid of somebody. The chances being that the somebody is a woman.

## The Auto on the Farm.

Every sixth farmer in Pennsylvania owns an automobile. A year ago the number was one in ten, showing that during 1916 prosperity hit the farmers of the state as well as the manufacturing plants in the city. Lancaster county alone has 2,600 cars for its 10,000 farmers.

feed. Such a bird occasionally becomes so poor that his strength is reduced, and in such cases, the bird should be fed separately.

The early sitting hens should have warmly made nests lined with fine hay or something of that kind. The hen can furnish only a certain amount of warmth, and if that is overcome by the cold that gets in from the outside, the eggs cannot hatch well.

## Here's the Perfect Girl.

The following are the attributes of the perfect girl as seen through Harvard eyes, some fifty bachelor graduates having recently, and after considerable discussion, agreed on them for the "girl that's worth while."

She is attractive, graceful and healthy, but not necessarily pretty. She can dress tastefully and entertain anyone and make him feel at ease.

She can make bread as well as fudge, and cake as well as a "rarebit." Her dancing is not necessarily the latest, her tennis is not necessarily up to the standard, but she is appreciative of the dance and of the sports.

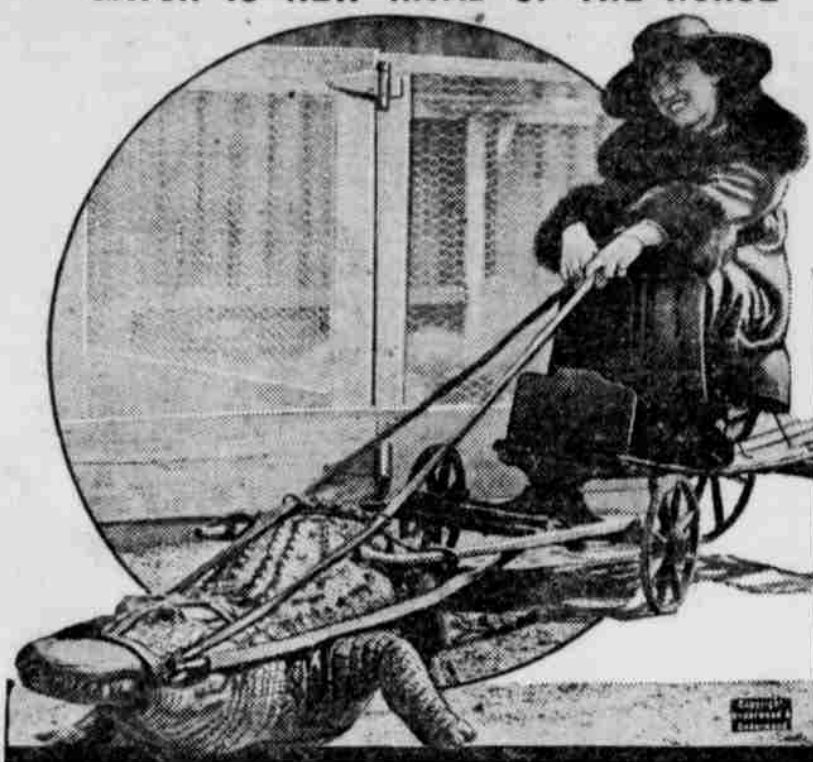
She is broadminded, sympathetic, tactful, unselfish, optimistic, thrifty, of good disposition and moderate in all things. She can stand reverses without worry.

She is gentle to children and kind to older people, especially to her parents. She has a broad education, but not necessarily a college one.

She is modest and true and home-loving.

She has good social standing, is of a religious nature and is not "too proud to pray."

# 'GATOR IS NEW RIVAL OF THE HORSE



Until recently it was supposed that the only good alligator was a dead one. At least no one ever found much use for one until after it had departed this life and turned its skin over to mankind for use in various ways. But now appears the much-feared 'gator as the rival of the horse. Visitors to an alligator farm at Jacksonville, Fla., are getting much sport out of driving about in a little runabout with a 'gator furnishing the motive power. It may be a little slow, but it's new and that's enough. The picture shows Miss Charlotte Ehlbeck of New York out for a drive.

## HASTE

By GEORGE MATTHEW ADAMS.

This is a great age for Haste. But as some wise Head has stated, Haste makes Waste.

Take time to Do things well.

Haste in Eating makes Waste in Health. The Stomach rebels and refuses to co-operate and the whole human machine backs up the Stomach.

And with impaired Health, there naturally comes a slowing down of the Natural and Usual speed that always trots alongside Effort wisely and economically spent.

Take time to Think things out. A loss of Energy in ill Temper and heated Words always means a loss of Power at the source—in your Brain and at the head offices of your Nervous System. Haste while in a Temper or under circumstances of Provocation is almost always regretted.

When the Brain is all stirred up and the whole Body up in arms—that's the time for Patience and Waiting—never for Haste. The thing to do then is to—

Take time to Cool off.

You never see a really big man going about his work as though the world was about to end. And yet the man who takes time and works his affairs out according to careful plans and system and then sticks to the program would be ready for the ending of the world at any time!

Take time to Work your very best.

No Other Poem Has Given World So Many Immortal Quotations as Grey's Elegy

No single poem in the English language perhaps has contributed so many lines that have passed into currency of quotation as Gray's famous Elegy. It is a veritable mine of epigrammatic nuggets that have enriched the language of orators and writers and become such familiar property that their origin is almost forgotten and they seldom now receive the credit even of quotation marks. Here are a few of them that will be recognized as old friends:

"The short and simple annals of the poor."

"Rich with the spoils of time."

"The paths of glory lead to the grave."

"And freeze the genial currents of the soul."

"Full many a flower is born to blush unseen and waste its sweetness on the desert air."

"Some mute, inglorious Milton, some Hampden guiltless of his country's blood."

"Hands that the rod of empire might have swayed."

"The applause of listening senates to command."

"The noiseless tenor of their way."

"Far from the madding crowd's ignoble strife."

"Even in our ashes live their wonted fires."

"A youth to fortune and to fame unknown."

"To wade through slaughter to a throne."

The inspirational influences of the poem have been far-reaching, says the Kansas City Star. Thomas Hardy's most famous book—and the best of his earlier novels—"The Madrigal Crowd," derived its title and perhaps its inspiration from one of the oft-quoted lines of the elegy. It is told of Daniel Webster that when he was being driven to the capitol to deliver his reply to Haynes he was heard by one of his companions to murmur over and over again as he rode along the words: "The applause of listening senates to command." It will also be

remembered that Wolfe, the conqueror of Quebec, read this poem in his tent the night before the battle on the Plains of Abraham and said:

"I would rather be the author of that poem than the conqueror of Quebec."

## Capes of Marabou.

Marabou capes similar to the fur capes of the winter will be worn this spring. They are admirable as accompaniments of the modish straight little one-piece frocks. These capes are of white or brown marabou in various styles and they reach to the hips. There will also be smaller models fashioned in two tones. For instance, there may be a collar and yoke of white marabou finished with a deep border of white feathers striped with gray, or, perhaps, there will be little tufts of snowy ostrich on a marabou foundation.

Black and white speckled feathers make an effective edging to a plain white boa, the ends of which have enormous tassels of feathers.

## A Woman Started It.

It was a woman, Della Salter Bacon, who started the famous Bacon-Shakespeare controversy. She was born at Tallmadge, O., 106 years ago and was educated in the school of Catherine Beecher, the sister of Henry Ward Beecher, and became a school teacher. Later she began writing books and tales and delivered many public lectures on literary and historical themes and gave Shakespearean readings. She was a friend of Carlyle, Hawthorne and other eminent men, but her greatest fame lies in the fact that she was the first to put forth the theory that Francis Bacon was the real author of Shakespeare's works.

## SOME SMILES

Government Ownership.

"Charley, dear," said young Mrs. Torkins, "I am going to be in favor of government ownership."

"Have you given the matter any thought?"

"Yes, indeed. If we had government ownership of railroads I might be able to tell any conductor who didn't find me a seat on the shady side of the car that I wouldn't vote for him next election."

Pa's Idea of It.

Little Willie—Say, paw, what is a pink tea?

Paw—A pink tea, my son, is something that makes a man want to get out and daub crimson paint on the town.

Natural Deduction.

"That woman," said Herlock Shomes, the great detective, "has evidently heard that lemon juice is good for the complexion."

"Cause why?" asked old Dock Watson?

"She has such a sour-looking face," replied the g. d.

"But as a rule, women have better complexion than men."

"Naturally," commented the pill peddler.

"No artificially," snapped Shomes.

The Bet Was Off.

Two experienced anglers were fishing. One sat down on the pier, while the other stood. Just before beginning

operations they made a wager with each other as to who would make the biggest catch of fish.

They had been fishing for about half an hour with little or no success when John, who was standing, lost his balance and fell off the pier.

As he went headlong past Dick, the latter yelled:

"Hi, John, if you're goin' to dive for 'em, the bet's off!"

Superstitious.

Neighbor—I heard your dog howling last night. If he howls three nights in succession it's a sure sign of death.

Nextdoor—Indeed! And who do you think will die?

Neighbor—The dog.

Might Have Been.

"My boy might have been president of the United States."

"What happened?"

"He got married, and his wife wouldn't let him go into politics."

Negated.

"Some day you'll be rich enough to retire from business."

"Give up my nice pleasant office and stay home?" rejoined Mr. Growcher. "I should say not."

Can't Run Down.

Wantst!—Do you know how long this bill of yours has been running?

"Nopay—I believe it's been running now about six years, but—"

Wantst!—Say, I believe you've discovered perpetual motion.

Particular.

"Casey is the pettiest friend, O'p'd have ye know."

"G'wan! If he was pettiest, he wouldn't be yer friend."

# DETHRONING KING POTATO

By DR. SAMUEL G. DIXON, Commissioner of Health of Pennsylvania.

The potato recently has been the most advertised vegetable we have. Its consumption far exceeds any other vegetable made up of a large proportion of starch. Let us consider the claims of the potato to the high dignity that has suddenly been thrust upon it.

The human digestive system is limited in its power to digest properly large quantities of starch. Americans have made general use of starchy foods, and this practice is playing its part in checking the natural growth of our people, both in mind and in body.

The excessive eating of potatoes, so often taken at a meal simply as a matter of habit when there are other starchy foods and sugar in the meal to supply the same want, causes a catarrhal condition of the digestive system, thereby preventing the normal working of the glands of digestion. Gradually a diseased condition of the organs of digestion results and this prevents nature's process of preparing food for assimilation. Consequently the system has to absorb the waste products and a gradual starvation and poisoning is the result. The catarrhal patient, in addition, gradually loses resistance to germ diseases.

From babyhood and childhood up, we Americans indulge in an excess of starchy foods. A well-rounded diet demands starch along with meat and fat, of course, but we indulge in an excess of starch and the habit often continues through adult life.

Raw potatoes contain about 80 per cent of water, and in skinning and eying we lose on an average about 10 per cent of the raw potato. The baking of potatoes causes less loss and produces the most wholesome preparation for human consumption that can be made of the vegetable.

What does this suggest with the potato in the limelight and its cost out of all proportion to its real value? The answer is that its use can not only be cut down to a normal proportion of the diet for those who like its taste, but it can be entirely replaced by other foodstuffs which would supply starch in even greater quantities.

Potatoes have 18 parts to the 100 of starch and sugar (carbohydrates); jellies and marmalades, 60 to 90 parts; rice, 79; buckwheat and barley, 77; hominy, 76; cracked wheat, 75; macaroni and spaghetti, 74; raisins, 68; oatmeal, 67; toast, 63; beans, 60; bread, 50 to 60; chocolate, 30; canned peas, 9; dried peas, 62.

In raisins the carbohydrates are mostly of the soluble variety known as sugars. In all the other foods mentioned the carbohydrates present are mainly starch.

With these things in mind, it is not hard to think of the potato being knocked off its pedestal.

## Mercury Goes Up.

Here is not a rise in temperature, but an advance in the price of quicksilver. It has moved from \$80 per flask to \$110 since the announcement of the German submarine blockade. This isn't as bad as it might be, however. A year or so ago it reached \$300 per flask. It will probably be a long time before we are forced to pull in our thermometers from the porch and put them in the safe with the potatoes and other valuables.

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